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We claim:

1. A method for sending a telephone number record into a communications terminal comprising:

- a. recording in a web browser a destination address of the communications terminal, the terminal having an automatic telephone directory;
  - b. selecting one or more telephone number records to capture from a Web page;
  - c. sending a message containing the one or more captured telephone number records from a computer to the destination address of the communications terminal, wherein the computer is selected from a computer running the web browser or a server hosting the Web page.
  - 2. The method of claim 1, further comprising:
  - d. recording the one or more telephone number records into the electronic telephone directory.
  - 3. The method of claim 1, further comprising:
  - d. searching the existing telephone number records in the electronic telephone directory;
  - e. determining if the telephone number record already exists in the electronic telephone directory;
  - f. recording the telephone number record if the telephone number and alphanumeric reference did not already exist in the electronic telephone directory.
  - g. providing notification to a communications terminal user if the telephone number or alphanumeric reference already exists in the electronic telephone directory.
  - 4. The method of claim 3, wherein the step of providing notification further comprises:
  - h. prompting the communications terminal user for an instruction selected from instructions consisting of deleting the telephone number record in the message and updating the electronic telephone directory with the telephone number record,
    - i. executing the instruction.

- 5. The method of claim 1, wherein the communications terminal is selected from a mobile telephone, a personal computer, a voice mail messaging service, a FAX machine, a handheld computer, a personal digital assistant or combinations thereof.
- 6. The method of claim 1, wherein the communications terminal is selected from a device that can store and retrieve information and is connectable to a telephone network, a device that can store and retrieve information and is connectable to a computer network or combinations thereof.
- 7. The method of claim 1, wherein the destination address for the communications terminal is selected from a computer network address, an Internet address or a telephone number.
- 8. The method of claim 1, wherein the one or more telephone number records comprises a telephone number and an alphanumeric identifier for the telephone number.
- 9. The method of claim 1, wherein the telephone number record comprises parameters selected from a telephone number, a contact name, an address, a FAX number, an e-mail address, a hyperlink to a Web site, a business name, a business specialty, business hours or combinations thereof.
- 10. The method of claim 1, wherein the step of recording the destination address comprises:
- a. selecting a menu function on the browser for recording the communications terminal's destination address;
- b. specifying the destination address on an interactive display provided by the browser;
  - c. saving the destination address within the browser program.
- 11. The method of claim 1, wherein the step of selecting the telephone number record comprises:
  - a. searching the Web site for the telephone number record to capture;

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- b. viewing the Web page displaying the telephone number record to capture;
- c. choosing the telephone number record to capture, wherein choosing is accomplished by means selected from clicking a mouse on a Web page button, marking a box displayed on the Web page near the telephone number record, answering a query contained in a dialogue box, other means compatible with the browser and server software, or combinations thereof.
- 12. The method of claim 11, further comprising
  - d. repeating steps a through c to select additional telephone number records.
- 13. The method of claim 11, wherein the telephone number record comprises a telephone number and an alphanumeric identifier for the telephone number, the method further comprising:
- d. editing the alphanumeric portion of the chosen telephone number record, wherein the editing better identifies the telephone number;
- e. editing the telephone number portion of the chosen telephone number record, wherein the editing makes the telephone number compatible with the communication terminal's telephone system.
- 14. The method of claim 11, wherein the telephone number record is displayed in a standard format suitable for a format of the electronic telephone directory.
- 15. The method of claim 1, wherein the step of selecting the telephone number record comprises:
  - d. searching the Web site for the telephone number record to capture;
  - e. viewing the Web page displaying the telephone number record to capture;
- f. choosing the telephone number record to capture, wherein choosing is accomplished by instructing the browser to display a telephone number record dialogue box, and copying information from the Web page into the dialogue box by the captor.
- 16. The method of claim 1, further comprising:

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detecting the destination address of the communications terminal on the browser; determining from the destination address the means for dispatching the message, wherein the means is selected from dispatching over a computer network or a telephone network;

composing a message containing the captured telephone number record; marking the message to indicate that the message is a telephone directory record; dispatching the message to the destination address.

- 17. The method of claim 16, wherein the computer is the server hosting the Web page, further comprising requesting a credit card number by the server, wherein the cost of a long distance telephone call to dispatch the message may be charged.
- 18. The method of claim 16, further comprising:

detecting a password for the communications terminal on the browser, wherein the password is recorded on the browser with the destination address of the communications terminal;

retrieving the password by the computer; marking the message with the password.

19. The method of claim 1, wherein by the communications terminal, the method further comprises:

determining that the message contains a telephone directory record, discarding the message if the message is not marked with the password.

25 20. The method of claim 1, wherein by the communications terminal, the method further comprises:

determining that the message contains a telephone directory record, providing notification that the message has arrived at the destination address.

30 21. A system for sending a telephone number record into a communications terminal comprising:

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- a server storing at least one telephone number record that may be displayed on a Web page,
- a computer having a browser capable of providing a destination address of a communications terminal having an electronic telephone directory,
- a communications terminal having an electronic telephone directory, wherein a transmitter sends a message to the electronic telephone directory at the destination address provided by the browser, wherein the message contains the telephone number record, wherein the telephone number record was selected from the Web page, and wherein the transmitter is selected from the computer or the server.
- 22. The system of claim 21, wherein the communications terminal is selected from a mobile telephone, a personal computer, a voice mail messaging service, a FAX machine, a handheld computer, a personal digital assistant or combinations thereof.
- 23. The system of claim 21, wherein the communications terminal is selected from a device that can store and retrieve information and is connectable to a telephone network, a device that can store and retrieve information and is connectable to a computer network, or combinations thereof.
- 24. The system of claim 21, wherein the destination address for the communications terminal is selected from a computer network address, an Internet address or a telephone number.
- 25. The system of claim 21, wherein the telephone number record comprises a telephone number and an alphanumeric identifier for the telephone number.
  - 26. The system of claim 21, wherein the telephone number record comprises parameters selected from a telephone number, a contact name, an address, a FAX number, an e-mail address, a hyperlink to a Web site, a business name or combinations thereof.

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- 27. A computer program product including instructions embodied on a computer readable medium, the instructions comprising:
- d. recording instructions for recording in a web browser a destination address of the communications terminal, the terminal having an automatic telephone directory;
- e. selecting instructions for selecting one or more telephone number records to capture from a Web page;
- f. sending instructions for sending a message from a computer to the destination address of the communications terminal, wherein the message contains the one or more captured telephone number records and wherein the computer is selected from a computer running the web browser or a server hosting the Web page.
- 28. The computer program product of claim 27, further comprising:
- e. recording instructions for recording the one or more telephone number records into the electronic telephone directory.
- 29. The computer program product of claim 27, further comprising:
- d. searching instructions for searching the existing telephone number records in the electronic telephone directory;
- e. determining instructions for determining if the telephone number record already exists in the electronic telephone directory;
- f. recording instructions for recording the telephone number record if the telephone number and alphanumeric reference did not already exist in the electronic telephone directory,
- g. providing instructions for providing notification to a communications terminal user if the telephone number or alphanumeric reference already exists in the electronic telephone directory.
- 30. The computer program product of claim 27, wherein the step of providing notification further comprises:
- h. prompting instructions for prompting the communications terminal user for a command selected from commands consisting of deleting the telephone number record in the message and updating the electronic telephone directory with the telephone number record,

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- i. executing instructions for executing the command.
- 31. The computer program product of claim 27, wherein the communications terminal is selected from a mobile telephone, a personal computer, a voice mail messaging service, a FAX machine, a handheld computer, a personal digital assistant or combinations thereof.
- 32. The computer program product of claim 27, wherein the communications terminal is selected from a device that can store and retrieve information and is connectable to a telephone network, a device that can store and retrieve information and is connectable to a computer network or combinations thereof.
- 33. The computer program product of claim 27, wherein the destination address for the communications terminal is selected from a computer network address, an Internet address or a telephone number.
- 34. The computer program product of claim 27, wherein the telephone number record comprises a telephone number and an alphanumeric identifier for the telephone number.
- 35. The computer program product of claim 27, wherein the telephone number record comprises parameters selected from a telephone number, a contact name, an address, a FAX number, an e-mail address, a hyperlink to a Web site, a business name or combinations thereof.
- 36. The computer program product of claim 27, further comprising:
- detecting instructions for detecting the destination address of the communications terminal on the browser;

determining instructions for determining from the destination address the means for dispatching the message, wherein the means is selected from dispatching over a computer network or a telephone network;

composing instructions for composing a message containing the captured telephone number record;

marking instructions for marking the message to indicate that the message is a telephone directory record;

dispatching instructions for dispatching the message to the destination address.

5 37. A method for sending a telephone number record for storage in a communications terminal comprising:

detecting on a browser a destination address of the communications terminal, the communications terminal having an automatic telephone directory,

downloading a Web page containing a telephone number record tailored for the geographical location of the destination address,

receiving a request to send one or more telephone number records, wherein the telephone number records are displayed by the browser on the Web page

sending a message from a server hosting the Web page to the destination address of the communications terminal, wherein the message contains the one or more captured telephone number records.

38. The method of claim 37, further comprising:

recording the one or more telephone number records into the electronic telephone directory.

39. The method of claim 37, wherein the detecting a destination address is selected from reading the destination address embedded in a browser or requesting the destination address.